Dear Harry,

These "knots" focus
On the twists and turns
Of the human soul
In this mad circus
That is called life.

Each "knot"
Is like a Maraschino cherry
On the sundae
Of human vulnerability.

Laing has adeptly rubbed
Our souls
Against the naked
Ground of existence
Exposing the illusory nature of reality.

I pray
That the "knots"
Of your life
Be "untied",
Freeing the
Jonathan Livingston Seagull
Nesting in your soul
To lift you up

Into
The
WIDE
Expansive
Wildernesses
Of your
Dreams.

First Knot:

The world
Is a Sacrament
Of the Divine Presence.

Second Knot:

"Flight from the world
Is rewarded by refuge
In Christ.

By 'world'
I mean here
attachment
to sensory things
and to worldly proclivities.

If you detach yourself
from such things
through knowledge
of the truth,
you are assimilated
to Christ,
acquiring a love
for Him
that allows you
to put aside
all worldly matters
and to purchase
the precious pearl
that is to say,
Christ Himself

(cf. Matt. 13:46)."

Theoliptos

Third Knot:

"You have recognized
the world's benighted abnormity
and the mental dissipation
and vain distraction
which it generates
and you have been wounded
by a longing for stillness.

Obedient to the precepts
'Seek peace and pursue it' (Ps. 14:14) and
'Return to your rest, O my soul' (Ps. 116:7),
you have sought to bring peace to your thoughts."

Theoliptos

Fourth Knot:

"Christ reveals
Himself
to the striving soul
and bestows
ineffable joy
on the heart."

Theoliptus

Fifth Knot:

"To give free rein
to the senses
is to shackle the soul,
to shackle the senses
is to liberate it."

Theoliptos

Sixth Knot

"When Christ rises
In the heaven
of the praying mind,
Worldly preoccupations
and proclivities abscond,
And the intellect goes forth to labor—
that is, to meditate on the divine."

Theoliptos

Eighth Knot:

"Heartfelt contrition
and the illumination
that comes
from mindfulness of God
excise evil memories
like a razor."

Theoliptos

Ninth Knot:

"Copy the wisdom of the bees:
When they become aware
of an encircling swarm of wasps,
they remain inside their hive
and so escape the attacks
with which they are threatened.

Wasps signify commerce with the world:
avoid such commerce at all costs,
stay in your cell,
and there try to re-enter
the innermost citadel of the soul,
the dwelling place of Christ,
where you will truly find
the peace, joy and serenity
of Christ, the spiritual Sun—
gifts that He irradiates
and with which He rewards the soul
that receives Him
with faith and devotion."

Theoliptos

Tenth Knot:

"Sitting in your cell, then,
be mindful of God,
raising your intellect above all things
and prostrating it wordlessly before Him,
exposing your heart's state to Him,
and cleaving to Him in love.

For mindfulness of God
is the contemplation of God,
who draws to Himself
the intellect's vision and aspiration,
and illumines the intellect
with His own light.

When the intellect
turns toward God
and stills all representational images
of created things,
it perceives an imageless way,
and through an ignorance
surpassing all knowledge.
its vision is illumined
by God's unapproachable glory.

Although not knowing,
because what it perceives

is beyond all knowledge,
nevertheless, the intellect does know
through the truth
of Him who truly is
and who alone
transcends all being.

Nourishing its love
on the wealth of goodness
that pours forth from God,
and fulfilling thereby its own nature,
it is granted blessed and eternal repose."

Theoliptos

Eleventh Knot:

"Prayer is
the mind's dialogue
with God, in which
words of petition are uttered
with the intellect riveted
wholly
on God.

For when the mind
unceasingly repeats the
name of the Lord
and the intellect
gives its full attention
to the invocation
of the divine name,
the light
of the knowledge of God
overshadows
the entire soul
like a luminous cloud."

Theoliptos

Twelfth Knot:

"Mindfulness of God
is followed
by love and joy.

When intellect,
intelligence and spirit
prostrate themselves
before God,
the first through attentiveness,
the second through invocation,
and the third through compunction and love,
the whole of your inner self serves God; for

'You shall love your God with all your heart'
(Deut. D6:5; Matt. 22:37).

Theoliptos

Thirteenth Knot:

"To seek the Lord
is to prostrate yourself
with your whole mind
with great fervor
before God
and to expel
every worldly thought
with the knowledge
and love of God
that spring
from pure
unremitting prayer."

Theoliptos

Fourteenth Knot:

"What the pupil is to the eye
and utterance to the tongue,
mindfulness is to the intellect
and prayer to the mind.

Just as the eye,
when it receives
the visual impression
of an object,
makes no sound,
but acquires knowledge
of what is seen
through the experience
of sight,
so it is with the intellect,
when through
mindfulness of God,
it is lovingly
assimilated to Him,
cleaving to Him experientially
and in silence
of direct and unalloyed intellection,
it is illumined
by divine light
and receives a pledge
of the radiance

in store for it .”

Theoliptos

Fifteenth Knot:

"Banish
mindless pleasure
and
replace it
with
divine love."

Theoliptos

Sixteenth Knot:

"If in all your activity,
you cleave
inseparably
to the mother of blessings,
prayer,
then prayer itself
will not rest
until it has shown you
the bridal chamber
and has led you
within,
filling you
with ineffable
glory
and joy."

Theoliptos

Seventeenth Knot:

"Through
sacred knowledge
renewing
the divine beauty
imprinted upon it,
prayer
presents
the soul
to God."

Theoliptos